

Bomber Heights

NEIGHBORHOOD ASSOCIATION

October 2009
4th Year, 10th Edition

P.O. Box 123204 Fort Worth, TX 76121
www.bomberheights.org

October Meeting--Poison Prevention

Presented by Mike Yudizky, Senior Public Health Educator

Learn how to prevent poisonings, injuries from poisoning and how the Poison Control helps the public reduce health care costs with their research.

Member / COP Appreciation

Bomber Heights NA would also like to recognize our members and dedicated COP volunteers. Without you there wouldn't be a Bomber Heights NA.

Join us after our brief meeting for a light dinner and delightful conversation with your neighbors and executive board from Bomber Heights. We welcome your suggestions and comments and look forward to meeting with you all.

JOIN US!

Monday, October 19th, 2009 at
Agape Baptist Church Faith Hall
Doors Open/Meet & Greet 6:30 p.m.
Meeting Begins at 7:00 p.m.



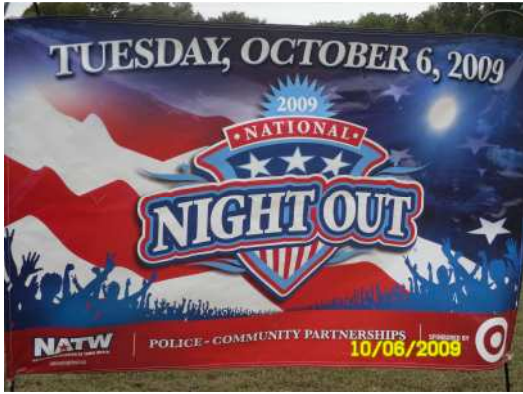
BHNA Upcoming Events

November

BHNA Officer Election
November 16th, 2009 at General Meeting

December

Holiday Lawn Decorating Contest
Judging the week of December 13th, 2009



BHNA National Night Out
Held on Tuesday, October 6th, 2009



*Frank Kent Staff partners against
Crime...
Hot Doas and Football! You guys were a hit!*



*Volunteers – **Very Important People!***



**Officer Ladd and BHNA
welcome Captain Reflogal!**



Rain or Shine – Code Enforcement is there!

**“Air One”
Neighbors linger for the landing of
Fort Worth Police Helicopter.**



WHS Cheerleaders assist with games

Celebrating 5 Years!

*Family Owned and Operated
Since 2004*



Keith Hays:

**ASE certified
Master Technician**

Ford Motor Company Senior Master Technician

4300 Benbrook Highway

817 696 8888

Important Numbers

BHNA City Council Member:

Zim Zimmerman District 3 (817) 392-8803

Email: district3@fortworthgov.org

Neighborhood Police Officer:

Officer Brent Ladd (817) 851-9627

Email: brent.ladd@fortworthgov.org

Code Enforcement Officer:

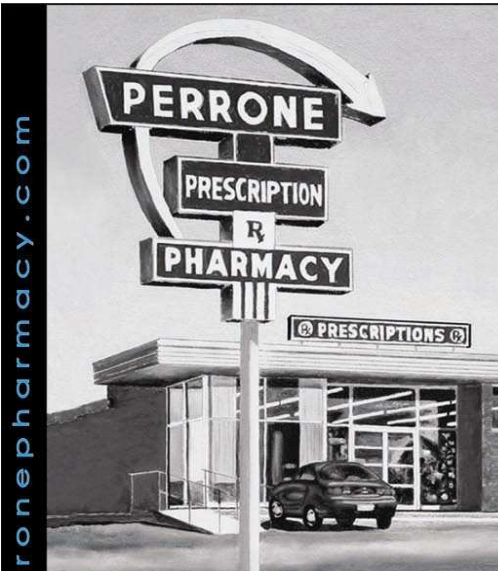
Rayneice Jones-Asberry

Email: rayneice.jones-asberry@fortworthgov.org

BHNA Meeting Minutes, once approved, are available to anyone upon request from the BHNA Secretary. Email update@bomberheights.org or call (817) 731-2228

BHNA Treasurer's Report for September 2009

Balance as of September 1st.....	\$5,480.93
Deposits for September	\$1,991.19
Expenses for September	\$2,183.68
Ending Balance as of September 30 th	\$5,288.44



www.perronepharmacy.com

PERRONE PHARMACY
SERVING FORT WORTH SINCE 1952

817.738.2135 PHONE
817.763.8784 FAX

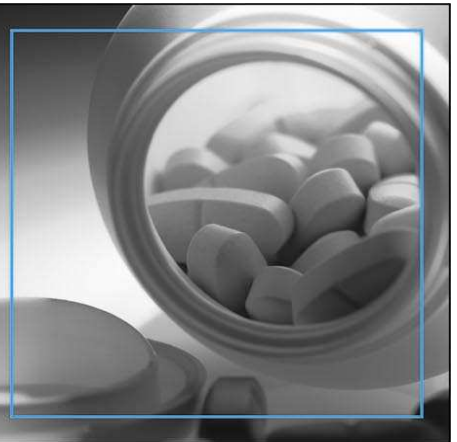
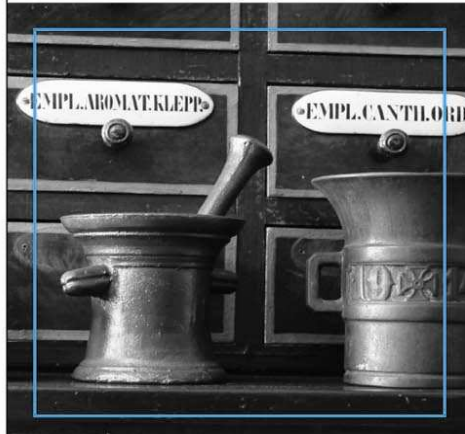
3921 Benbrook Highway
Fort Worth, Texas 76116

COMPOUNDING SPECIALISTS

Simply stated, compounds are 'recipes' for medications.

Perrone Pharmacy is established as one of the few pharmacies in Fort Worth that continue to offer this service.

We specialize in preparing dermatologic, pediatric, veterinary, and hormone replacement therapy compounds.



THE PERRONE DIFFERENCE

- Home Delivery
- Six Staff Pharmacists
- Phones Personally Answered
- Over 1000 Medications in Stock
- Pain Management Medications
- Home Care Equipment
- Nursing Home Blister Packing
- Electronic Prescriptions
- Most Insurance Plans Accepted
- U.S. Post Office Inside the Store

10% Off Gift Certificate! *FREE Health Care*

From Our Family To Yours! Presented to Bomber Heights Residents

DR. CHRIS & NANCY MICHLIN

FREE CONSULTATION
10% OFF EXAM
10% OFF INITIAL X-RAYS



Family Owned & Operated



817-810-9111
 6324 CAMP BOWIE BOULEVARD
 FORT WORTH, TEXAS 76116
 WWW.BACKTOHEALTHTEXAS.COM
 DRMICHLIN@BACKTOHEALTHTEXAS.COM
 NLBMICHLIN@BACKTOHEALTHTEXAS.COM

Gentle & Specific Firm & Direct
 UPPER CERVICAL AND FULL SPINE CARE
 Aligned With Your Needs



Heart Healthy Recipe

Beef Goulash Soup

Makes: 4 servings

Start to Finish: 50 minutes

Ingredients

- 6 ounces boneless beef tip sirloin steak
- 1 teaspoon olive oil
- 1/2 cup chopped onion (1 medium)
- 2 cups water
- 1 14-ounce can beef broth
- 1 14 1/2-ounce can low-sodium tomatoes, undrained and cut up
- 1/2 cup thinly sliced carrot (1 medium)
- 1 teaspoon unsweetened cocoa powder
- 1 clove garlic, minced
- 1 cup thinly sliced cabbage
- 1 ounce dried wide noodles (about 1/2 cup)
- 2 teaspoons paprika
- 1/4 cup light dairy sour cream
- Snipped fresh parsley (optional)
- Paprika (optional)

Directions

Trim fat from steak. Cut steak into 1/2-inch cubes. In a large saucepan cook and stir steak cubes in hot oil over medium-high heat about 6 minutes or until beef is brown. Add onion; cook and stir about 3 minutes more or until tender.

Stir in the water, broth, undrained tomatoes, carrot, cocoa powder, and garlic. Bring to boiling; reduce heat. Simmer, uncovered, about 15 minutes or until beef is tender.

Stir in the cabbage, uncooked noodles, and the 2 teaspoons paprika. Simmer, uncovered, for 5 to 7 minutes more or until noodles are tender but still firm. Remove from heat. Top each serving with some of the sour cream. If desired, sprinkle with parsley and additional paprika.

<http://my.hearthealthyonline.com>

Your Neighborhood Market

Convenience, Value **24/7**
 & Savings

Fresh Deli & Cold Drinks, Full-Service Pharmacy, Full Line of Groceries, Fresh Produce, Meat & Dairy Products, Frozen Foods, Pet Supplies, Hardware, Office Supplies, Cosmetics & Toiletries, Seasonal, Greeting Cards & Magazines

A proud supporter of the Bomber Heights Neighborhood Association



Crime Statistics Summary: September 2009

Burglary of Habitation

5000 Block Pamela Dr
4900 Block Lyndon Dr
7000 Block Sandalwood Ln
5000 Block Penrose Ave
7400 Block Llano Ave
7000 Block Camp Bowie Blvd
7800 Block Chapin Rd

Burglary of Motor Vehicle

4600 Block Marks Place
5000 Block Gilbert Dr
3900 Block Bonnie Dr
7700 Block Davenport Ave
7300 Block Ewing Ave
7400 Block Llano Ave

Narcotics

3800 Block Benbrook Hwy
4900 Block Gilbert Dr
3400 Block Marquita Dr

DWI

6900 Block W. Vickery Blvd
4900 Block Monterrey Manor Dr
3600 Block Ridglea Country Club Dr

Aggravated Assault

7400 Block Ruby Place



Tired of Crime in Your Neighborhood?

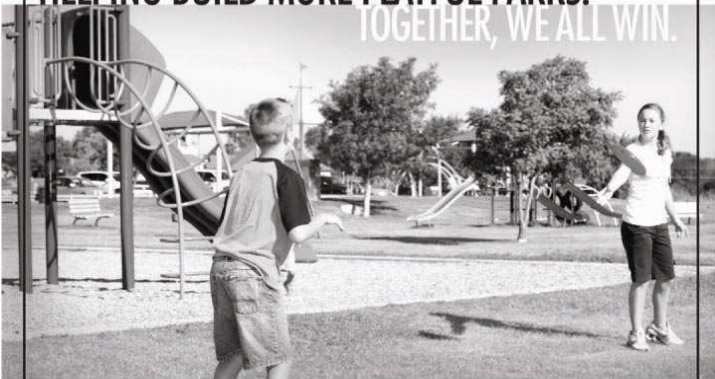
Become a COP!

Contact Officer Ladd
Phone (817) 851-9627

Email brent.ladd@fortworthgov.org

See How You Can Team Up with Your Neighbors and the Fort Worth Police Department to Deter Crime and Make the Bad Guys Go Somewhere Else!

HELPING BUILD MORE PLAYFUL PARKS. *TOGETHER, WE ALL WIN.*



As the nation's largest independent producer of natural gas, Chesapeake knows the importance of providing a beautiful place where children of all ages can play. That's why we are proud to have sponsored the Bomber Heights Neighborhood Association in its efforts to revitalize South Z Boaz Park. When we have clean and pleasant parks, children win. Parents win. *Together, we all win.*

Chesapeake Energy is proud to have sponsored the Boaz Park improvement project. To learn more about natural gas and Chesapeake's role in the Barnett Shale, visit www.AskChesapeake.com.



NYSE:CHK • Fort Worth, Texas • 817-502-5000 • AskChesapeake.com

Health Tip

“Proof that laughter is good medicine..

A good belly laugh can send 20% more blood flowing through your entire body and it might just be the perfect antidote to stress!”

WebMD the Magazine July/August 2009

Daylight Savings Time Reminder

**Fall Back on Sunday,
November 1st**
Make sure to turn your clocks back 1 hour to be on time to your Sunday events!



EARLY
NEIGHBORHOOD
HISTORY
MARY'S CREEK
AREA
 By Bob Adolph



After stealing horse on July 3rd and 4th, 1869 near Fort Worth (Western part of Tarrant County) the Indians appeared at the homes of W.M. & C.B Rider who lived at the head of Mary's Creek and on the old Fort Worth-Belknap Road about 14 miles Northeast of Weatherford. Annie Rider and her mother hid in the attic. The Indians stole a horse belonging to W.M. Rider who was away with C.B. Rider. The Indians found William Tinnel about 1 ½ miles away, scalped him and he died a week later. The Indians camped overnight about 2 miles west of the C.B. Rider house waiting for the fog to list. A Mexican spotted the Indian camp and notified neighbors. Next morning the 11 Indians headed westward followed by at least 2 bands of citizens and a posse of men from Tarrant County. The Indians killed John Lopp about ½ mile from his home (9 miles northeast of Weatherford) they found 62 bullet holes in his body. The Indians were followed for 10-12 miles where they ran under a small waterfall (7 miles east of Whitt-near Slip-Down Mountain). One Indian was shot before he reached the waterfall. Fine Ernest decided to try to retrieve the injured Indian and was showed with arrows as he approached the waterfall. During the dark the citizens departed.

(Watch for our next installment in November's edition.)

***Congratulations October 2009
 Yard of the Month!!!***



A beautiful front entrance edged in seasonal foliage catches the eye of those passing by. The nice, well manicured St. Augustine lawn makes a perfect backdrop for the crepe myrtles and blooming vines highlighting the front of the home while shrubs define the landscape, acting as a border along the side. The display of a bench gives this home a warm, welcoming touch.

As neighbors, we share in the pride of your accomplishment. Thank You for helping keep Bomber Heights a delightful place to live!

FYI: Make plans now – Holidays are approaching and BHNA will sponsor a "Holiday Lawn Decorations" contest. Homes with holiday decorations will be judged. The winner will receive a gift and be featured in our January newsletter. All residents, including members, will be eligible.

Flu Season Is Upon Us!
Get your Vaccination

Flu Clinic hosted by
 Luella Merrett PTA
 Tuesday, October 27th from
 3:00 pm to 5:30 pm

For details:
 Call (817) 377-7245
 Website www.fwisd.org

West Side
CAFE

7950 Camp Bowie West

Fort Worth, TX 76116

817-560-1996

Camp Bowie West @ Cherry Lane

SCHOOL NEWS!

Leonard 6th Grade Center

October 22 – “3rd Annual FWISD Math and Science Fall Festival”

6:00 p.m. – 8:30 p.m. @ Will Rogers Complex
Free Bus Transportation from all middle schools

October 29 – Schoolwide “Field Investigation”

Field Trip @ Fort Worth Botanic Gardens
Volunteers welcome!

*Must have background check.

Leonard Middle School

New Phone Number as of October 30, 817- 815-6200

November 5 – 6:30 p.m. “Update on H1N1 Virus”

Presented by Tarrant County Health Department
Topics to include: Prevention, Vaccinations, and Symptoms
Hosted by Leonard Middle School PTA

CHEERS to LMS Faculty and Staff for delivering an “I Am Proud To Be A Leonard Longhorn” sign to every student’s home. Definitely Making A Difference!

Western Hills High School

New Phone Number as of October 23, 817-815-6000

Friday, November 13 – “Freaky Friday”

Morning (a.m.) – Parents are welcome to attend classes with their student.

Afternoon (2-4 p.m.) – Parents are encouraged to schedule Parent/Teacher Conferences/Students will be dismissed early.

TKO Services

817-595-0505

Quality Custom Fences,
Decks and Arbors

Installation and Repair

Iron /Wood / Chain Link / Vinyl

Trex Fencing and Decking

Shade Arbors

Loop Loc Pool Covers

Custom Operator Gates

10% Discount with ad

Family owned and operated since 1994 and
Member of the Better Business Bureau

CHEERS!!!

To all neighbors and
volunteers for participating
in the recent BHNA
National Night Out!

Don R. Walker

Rapid Refunds
Electronic Filing

CERTIFIED PUBLIC ACCOUNTANT

10191 Sunridge Drive Fort Worth, Texas 76126-9513

- Tax Preparation & Planning
- IRS Problems
- IRS Audits and Negotiations
- Back Tax Returns
- Amended Returns
- Bookkeeping Services
- New Business Start Ups

phone 817.735.1040

fax 817.735.4518

donwalker@charter.net

Printing of this Publication
Generously Underwritten

by
**Ridglea
Construction
Southwest**

and Supported by the
Advertising of the Businesses
in this Newsletter.
Please Support our Advertisers.

ADVERTISE WITH US!

THREE MONTHS

Business Card only \$35.00
Quarter Page only \$50.00
Half Page only \$75.00
Full Page..... only \$125.00

ONE YEAR

Business Card only \$110.00
Quarter Page only \$150.00
Half Page only \$260.00
Full Page..... only \$400.00

(ad sizes are approximate.)



**What If 10%
Give Back Program**

Here's how it works!

Powered By  

By moving your cellular service to Hawk, you automatically help your community without having to do anything extra.

That's because we will donate 10% of the net proceeds from your monthly cell phone bill to the charity of your choice.

And it doesn't stop with your cell phone! All electronic purchases, such as games, gps units, tvs, stereos, bluetooth, etc. will also qualify for this program!

So what's the catch?

There isn't one! Hawk will do all the work for you. Hawk will even pay your cancellation fees from your current cell phone provider and match any discounts you're already receiving! Sounds like a no brainer!

Organization Spotlight **Bomber Heights**

www.WhatIf10.com

BHNA Officers

President

Jarrod Roecker (817) 731-2228
president@bomberheights.org

Vice President

John Barcenas (817) 735-8350
vicepresident@bomberheights.org

Secretary

Velma Martin
secretary@bomberheights.org

Treasurer

Dawn Fain (817) 989-0910
treasurer@bomberheights.org or
dawnfain@sbcglobal.net

Volunteer Coordinator

Audra Andrews (817) 763-5453
volunteercoordinator@bomberheights.org

The Purpose of Bomber Heights Neighborhood Association

To provide an organized framework that promotes, enhances and solidifies the quality of life in the Bomber Heights community through the active involvement of its residents through educational and charitable endeavors.